

You can help.

How you can help a friend or family member:

Believe.

"I believe you, and I'm glad you told me." • "I'm sorry this happened to you."

Validate.

"Nothing you did or could have done makes this your fault." • "You do not deserve to be treated this way."

Respect.

"This is your journey. I will not rush you or pressure you to make decisions. I will be here when you are ready."

Support.

"What can I do to help and support you today and moving forward?" • "What can I do to help and support you on this journey?"



*Willow has served the
Greater Rochester community
for over 40 years.*

Our Mission is to prevent domestic violence and ensure every survivor has access to the services and supports needed along the journey to a safe and empowered life.

Our Vision is a community free from domestic violence, where healthy relationships thrive.

make a donation



**YOUR SUPPORT HELPS KEEP OUR
COMMUNITY SAFE.**

Willow Domestic Violence Center
P.O. Box 39601
Rochester, NY 14604-9601
WillowCenterNY.org

Certified by New York State Office of
Children and Family Services.

CALL OR TEXT
(585) **222-SAFE** 7233

SECURE LIVE CHAT
WillowCenterNY.org

24/7 SUPPORT

**Everyone
deserves
to be**
safe

We're here to help.

Survivors of dating, domestic and family
violence in the Greater Rochester
community are welcome here.

willow 
Domestic Violence Center

EN ESPAÑOL



**“ I could see the
pattern of danger
in my friend's
relationship.**

**I was scared
and wasn't
sure what to do.**

**Willow gave me
resources and
information.**

**Most importantly, they
listened to me
and supported me
so I didn't have to feel
alone in supporting
my friend. ”**

*Danger and violence can happen in all
types of relationships including intimate/
romantic relationships and within families
between parents, children, siblings,
extended family and in-laws.*

You have the right to be safe.

WAYS TO RECOGNIZE ABUSE...

Verbal & Emotional Abuse

- Have you been called names or been spoken to in a harsh tone?
- Have you ever been intentionally outed or made to feel embarrassed, guilty, shameful, worthless, put down, or humiliated?
- Are you made to feel like everything is your fault and you're unable to do anything right?
- Does someone act one way in public and another way in private?
- Have you been cut off from your family, friends and support network?
- Do you always feel like you're walking on eggshells?

Physical Abuse

- Have you been pushed, kicked, hit, spit on, or physically restrained?
- Have you ever been threatened, strangled or choked?

Sexual Abuse

- Have you been pressured into sexual contact?
- Have you ever had sex to prevent/stop abuse from happening?

Financial Abuse

- Do you have no control over your finances and resources?
- Have you been forced or threatened to ask for or justify money?

You are **not** alone.

We are available 24/7

All Willow services are free of charge, confidential, and judgement-free. **Always.**

HOW TO START



CALL OR TEXT

585-222-SAFE (7233)

SECURE LIVE CHAT

WillowCenterNY.org



Contact us any time for support with...

Prevention

- Workshops
- Training
- Resources
- Education
- Consulting
- Debriefing

Crisis

- Safety Planning
- Risk Assessment
- Emergency Shelter
- Pet Program
- Referrals & Resources
- Connection & A Listening Ear
- Support Navigating Services
- Financial Support
- Court Advocacy & Counseling

Beyond

- Court Advocacy
- Supportive Housing Options
- Counseling
- Financial Support
- Donations
- Volunteering

All are welcome here.

EN ESPAÑOL



Services provided by Willow Domestic Violence Center, including emergency shelter and non-residential programs, are available to all victims of domestic violence, regardless of race, creed, color, national origin, sexual orientation, gender identity or expression, military status, sex, marital status or disability.

“Willow Center staff

helped me through

the darkest moments of my life.”

EVERY YEAR WE SERVE OVER

23,000

survivors & individuals through prevention, crisis and beyond.